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Knights defeat Simpson in first dual, See pg. 8

WARTBURG TRUMPET

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Break housing policy changes

MOLLY SCHMITT *STAFF WRITER*
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Break housing fees for students living more than 500 miles away from campus may be dropped in a proposed resolution that could lead to approximately a $25,000 loss for the college, Dr.Dan Kittle, vice president for student life and dean of students, said.

Previously students staying over Christmas break, winter break or tour week were assessed a $15 housing fee per day or $50 per week.

Student complaints about the high additional costs and lack of dining options during the breaks have led to discussion and proposed revisions to the current break housing policy.

"The idea was to respond to the need for students, particularly international students, to stay over break in a way that was more affordable," Kittle said.

"It's become a priority. That's just the nature of a complex organization like this."

Lola Vafaeva and Molly Astarita, president and vice president of International Club (I-Club), approached Kittle with policy concerns and suggestions earlier this fall.

They focused on solutions regarding the high cost and food accessibility to students who stay on campus over breaks.

"It was a big issue for international students. Some felt that the cost was just too much when you consider tuition, room and board payments," Vafaeva said.

"International students come here and they just get so surprised because they expect that what they pay for room and board covers the whole year."

While price is a big concern, getting food over breaks is also an issue, Astarita said. On a few days during break, the only facility that is open is "The W," which leaves the Zesty Orange as the only meal option.

She said a lot of students do not have enough money to use their points at the time of breaks, which makes getting food difficult.

"I think the students are really lucky to have "The W" because it's not just a campus facility, it's a community facility as well," Helen Leong, director of international student services, said.

"It's almost always open and functioning so students can go to the gym, swim or play basketball. It's a huge facility and it's very nice to have that available right here on

▸ Break housing fees dropped p. 2

Make it matter

AMANDA GROFF *ASST. NEWS EDITOR*
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Wartburg values diversity on the campus and believes diversity of any kind is one of God's great gifts to humanity, Wartburg President Dr. Darrel Colson said.

The conversations of race and racism have been sweeping college campuses over recent months.

In the last few weeks multiple people of authority from different universities have had to resign due to pressure from the student body regarding their handling of racial discrimination on campus.

"We hope the students, employees, faculty and staff will embrace and appreciate differences and learn from those differences," Colson said.

"What we are trying to do at Wartburg is create this opportunity for all of us to work together with one another."

Vice President for Student Life and Dean of Students Dr. Dan Kittle said young people in particular should be voicing their opinion because it is how we move toward positive social change.

While it can result in difficult conversations, constructive conversations are the most effective in leading to change, he said.

Colson said during the past six years there have been two altercations on campus which involved allegations of ethnic slurs.

Kittle said there are formal policies in place to protect students if an incident regarding harassment or hurtful words were to happen.

He said the student would make a written complaint and the complaint would be reviewed by different parties; and the complaint would be considered and investigated.

Individuals would either be found responsible or not responsible for those behaviors.

In the mean time, the campus would make reasonable accommodations for the student involved.

One of the strongest ways to spread diversity awareness on campus is to break the barriers people put up and to keep the conversation and dialogue open, Krystal Madlock, director of multicultural student services, said.

"Wartburg is a special place because of the diversity within our community, and we greatly value that diversity," Kittle said.

"We still have ways to grow and improve in regards to how we engage and serve."

Former Black Student Union President Ashlee McGrown added it is important for students to realize that though we all come from different places, we are not divided.

Learning from those around us will make for a better campus and atmosphere, she said.

"I think one of the things is that we need to continue to build off of the community that we have here," Madlock said.

"We have the Waverly community, but we also have this community on campus, and I think we need to do whatever we can to make sure that all students feel comfortable on our campus."

Madlock added it can be the simple thing of getting to know someone outside of your own little circle.

There are many little things students can do in order to expand their comfort zones, such as getting to know more people, who they are and where they come from, she said.

McGrown and Madlock agree the best way to learn about those who are different from you is to ask questions.

Those questions can help create an environment that is more inclusive and open, they said.

Wartburg, and other college campuses, are growing and they said the populations of students are different than what they used to be.

Madlock said it isn't just about skin color anymore; issues arising are different each and every year.

"Diversity is changing; we are all different in some way, shape or form. Now we can embrace those differences," Madlock said.

"We're growing, not just in numbers, but in cultures. All of us are diverse, and we just have different things about us that make us who we are."

Michelle Johnson/*TRUMPET*

Lindo Simelane (front) kayaking during tour week of 2015. Even with several activities offered during breaks, students who stay on campus find the break housing policy expensive. —**Submitted photo**

Break housing fees dropped

◂ Continued from p. 1

campus."

International student services offers several events and outings during breaks for the 50-60 students who stay.

Activities include visiting a haunted house, Black Friday shopping, ice-skating, snowshoeing and more, Leong said.

The students traditionally have a meal together on Christmas Day and invite Bernard Holland, a security officer, over to additionally celebrate his birthday, which falls on Christmas Day.

President Darrel Colson even invites students to Greenwood on New Year's Day for food and football, Leong said

Having programs is always beneficial for international students, because they are a good distraction," Vanaefa said.

"I hate breaks because that's when I'm reminded that I'm so far away from home."

Vanaefa said she is trying to encourage students to attend the I-Club general member meeting to show support because there is strength in numbers.

"If a lot of students show up, that means they care," Vanaefa said.

Kittle will address international students about the break housing and food arrangement issue Tuesday, Nov. 17 at 8:30 p.m. in Cardinal Commons.

"I just hope it [the policy proposal] raises awareness," Astarita said.

"Overall, I just want the students to feel appreciated by the college."

Biology professor Dr. Eric Merten will be leaving Wartburg at semester for a position with the USDA Forest Service. —**Submitted photo**

Biology professor leaving at semester

ELIZABETH JEWITT *NEWS EDITOR*
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After three-and-a-half years at Wartburg, Dr. Eric Merten will be leaving Wartburg at semester for a position with the Idaho fisheries.

"My master's was in fisheries, and after I finished my master's I worked with Minnesota's DNR doing fisheries work there for seven years and then went back for my Ph.D. after that. It's going back to a lot of things I have done in the past," Merten said.

While not a part of the faculty cuts this year, the announcement came as a surprise to many students.

"It kind of came out of left field. When you heard about all these teachers getting their notice to leave, you didn't really hear about Merten. It was a shock," Drew Peeler said.

Like many other students, Sierra Lovato is sad to see him go.

"He's kind of one of the reasons I switched to environmental science," Lovato said.

"He was an inspiration to have in class, and he always made our topic interesting. He will be missed a lot."

Merten was one of the professors to not receive tenure this year. Most students wanted to say thank you.

"Thank you for being one of the most energetic and awesome teachers, and for having random pictures of fish in your slides because it kept my attention to your lecture.

"That's what makes a teacher good in my mind…he went above and beyond to make it interesting and fun for us students," Peeler said.

Merten sent out an email to all his former students when he secured his job at the USDA Forest Service, and encouraged any student who wishes to stay connected with him to do so.

"[Students] are welcome to connect with me on LinkedIn or Facebook.

"I can't promise fish pictures every day but I'm sure there will be some," Merten said.

Wartburg hosts IPTV pre-screening

Wartburg hosted a panel discussion and pre-screening of IPTV's documentary "Caucus Iowa, Journey to the Presidency." The documentary will air Jan. 4 on IPTV. From left: Chris Larimer, Curtis T. Brundy, Ron Steele and Dr. Fred Waldstein. —**Marketing & Communication**

ELIZABETH JEWITT *NEWS EDITOR*
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Wartburg was one of several locations to host Iowa Public Television's pre-screening of "Caucus Iowa, Journey to the Presidency" produced by Wartburg alumnus Travis Graven. It will air on IPTV Jan. 4.

The showing, followed by a panel discussion, dives into the history of the Iowa caucuses.

"IPTV has a long rich history of in-depth political programming and so we wanted to come up with something this cycle that would be impactful, new and different from what other people are doing," Graven said.

The documentary is just one part of a four-week series and continuing with the "Caucus Countdown," which will air the following Mondays in January. The series will follow the current 2016 political candidates.

"Part of what we try to do is make every broadcast that we have bigger than the broadcast itself, and we're trying more and more to get out and do events like this.

"Being statewide, we try to encourage people to get out of Des Moines and to use programs like this as a springboard for conversation," Mary Manning Bracken, Communications and Outreach for IPTV, said.

Much of the footage in the documentary came from the Archives of Iowa Broadcasting, located at Wartburg. IPTV worked with Curtis Brundy, director of Vogel Library and archives manager, to digitize much of the historical footage, which is a long and expensive process.

"We went through thousands of tapes looking for content for this. We identified 70 different tapes that had caucus footage," Brundy said.

Many of the media were on formats that are obsolete today, and due to a short shelf life, were at risk of being lost.

"We have 14,000 items in [the archives] so it is a big job preserving this, and I am just thrilled that we're able to talk about the importance of this collection, and that this is going to be seen all across the state.

"This is not just a Wartburg collection, this is something that the people of Iowa have a vested interest in seeing preserved," Brundy said.

Brundy said the archives will serve as a resource for students looking for research and for producers looking to tell stories that originated in Iowa.

"I think is it important for students to participate in the Iowa Caucus process.

Whether it's the Republican or Democratic caucus, it really is an opportunity to learn about how the political process works, not only in Iowa, but the political process all over the country," Dr. Fred Waldstein, political science professor, said.

Des Moines internship program debuts

CALYN THOMPSON *STAFF WRITER*
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Wartburg is introducing a new internship and urban studies program for students, similar to Wartburg West, but in the Des Moines area, Jo Dorrance, internship coordinator, said.

There will be an informational forum about the program for students to attend on Monday, Dec. 7 at 7:30 p.m. in McCoy East.

"One of the things we thought is Des Moines is a really vibrant economic center typically for banking. There's engineering there. There's all kinds of wonderful businesses in Des Moines," Dorrance said.

Students will have to apply for the Des Moines program. Dorrance said students will be able to participate in the program in either the fall or winter term.

Along with the internship credit, students will complete arranged study with professors or other blended coursework to stay on track academically.

"We want it to be a program where you're living and learning with these other students so it's not just going to your internship and going home," Dorrance said.

There will be a fee attached to the program.

Dr. Dan Kittle, dean of students and vice president for student life, said the program will most likely start in the fall of 2016.

Jarren Ford, said he thinks Des Moines is a better commitment for students than Colorado.

"Des Moines seems like it's more in reach for students to go to, even in the aspect that Des Moines is an-up-and-coming city.

"It's like one of the best places to go right out of college.

"I think it's a place for someone to go to get away from Wartburg's exact campus and check out a new city," Ford said.

Kittle said the college is partnering with Greater Des Moines Partnership and Kum & Go for the program.

Dorrance will also be working to place each student in an internship.

Kum & Go is willing to work with the college to provide discounted housing for students, as they have available apartment complexes in downtown Des Moines, Kittle said.

Dorrance said Dr. Brian Ernsting, dean of faculty, sent out an email on Nov. 12 to all faculty introducing the proposed idea.

Kittle said professors who have expressed interest in helping with the program so far were from the business, fitness management, journalism and communication and sociology departments.

"This first year, we hope it provides this really interesting, robust experience for students that they couldn't get here in Waverly," Kittle said.

"From there, I hope it develops our presence in the Des Moines community further.

"I hope it connects us to alums and friends of the college, but that's the long-term vision."

Want more information?

Come to McCoy East on
Monday, Dec. 7 at 7:30 p.m.

Seniors pay it forward

JESSICA GRANT *EDITOR-IN-CHIEF*
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Members of the 2016 Senior Class Gift and Pledge committee are still seeking support in order to meet their goals.

One of their objectives is to raise $3,600 by graduation, with 100 percent of the class participating.

"Donors fund our four years here, and so it's just an easy way to give back to the next generation of students," Raymi Ackerman, a member of the committee, said.

"It's a nice way to pay it forward and give back to the Wartburg community that has given back so much. I feel like it was the least I could do to give back."

This year the fund is supported by alumna Grayce Pumfrey Hartman '60, who has made a matching gift of up to $1,100.

She said it is important for her to give back to her alma mater because not only does she have the opportunity to, but she also has an obligation to help Wartburg continue changing lives.

"Now it is my turn to give it back and also to lead this senior class to know how rewarding it is to support the institution that has given them so much," Hartman said.

"This education that you will use the rest of your life is a gift that money can't buy," she said.

Another goal is to have 50 percent of the class sign the U-Knight pledge.

Pledgers promise to participate in the life of the college by donating funds and promoting the institution for the rest of their lives.

If students aren't able to donate money now, they should consider signing the pledge, Molly Schares, another member of the committee, said.

"We don't want people to see this as a burden," she said. "Anything and everything counts."

Schares said people can donate $20.16 for the class of 2016 or they can donate $5.

An advantage of donating to this fund is the money goes where the student wants it to go, she said.

Students can put the money toward a scholarship in their department, toward a music ensemble or toward athletics.

They can also donate to the annual fund, where the money goes wherever it is most needed during the year.

Some students don't understand why they should pay Wartburg when they're still going here, Schares said.

"Obviously, we will have responses where people are like, 'I've already given enough to Wartburg,'" she said.

Ackerman believes this is just because students don't know where the funds are going and how their experiences at the college have already been shaped by donations.

"Without the funding the donors provided previously, we wouldn't have actually been able to do some of the stuff we have," Ackerman said.

Hartman said her experiences at Wartburg have been invaluable.

"During the years at Wartburg, I learned I had special talents and value and started to have confidence," she said.

"What they [faculty and friends] saw in me and worked to develop was the greatest gift I've ever been given."

Goals

- 100 percent participation in the class gift
- Total gift of $3,600, including match of $1,100
- 50 percent of the class sign the U-Knight pledge

Michelle Johnson/*TRUMPET*

Wartburg receives $1 million campaign gift for Clinton Hall

Wartburg College has received a $1 million challenge grant to jumpstart the final push for the renovation of Clinton Hall.

Ray and Judy McCaskey, Wartburg alumni from Chicago, established the McCaskey Challenge as part of the college's comprehensive $75 million Transforming Tomorrow campaign.

All gifts and pledges made to the Clinton project through May 31 will be matched dollar for dollar, up to $1 million.

Ray and Judy McCaskey have set a $1 million match to help the Clinton project reach its goal. —**Marketing & Communication**

"We've always felt one of the best things in life is to be part of something that's bigger than you, something that is important and long-lasting," Ray McCaskey said.

"When we looked at Wartburg specifically, and the ability to sustain and provide educational opportunities, it just sort of fit into wanting to share our good fortune and to be part of something that was really important to the rest of the world."

This gift kicks off the Clinton Hall Countdown, the final fundraising push for the project.

Completing the McCaskey Challenge by May 31 will enable the renovations to Clinton Hall to begin this spring and be completed by the start of classes in the fall.

"Ray and Judy have proven themselves to be tireless supporters of the Wartburg College mission, and I'm so thankful for this challenge grant," said President Darrel Colson. "I hope this generous gift will encourage the entire Wartburg community to help us transform Clinton Hall."

Those interested in participating in the McCaskey Challenge can call 866-219-9115, email development@wartburg.edu or donate at www.wartburg.edu/clinton.

BSU and bookstore hosting food drive

RACHEL PAPE *STAFF WRITER*
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The Black Student Union (BSU) and the Wartburg Store are sponsoring the Make It Matter Food Drive.

The food drive began Nov. 2 and items will be collected through Nov. 24.

"We've all been helped at some point, so why not help others?" Janet Huebner, director of the Wartburg store, said.

"It's a great way to realize what blessings we have and to help out others who aren't so blessed."

Items will be donated to the Vineyard Community Church food bank and Cedar Valley Friends of the Family.

Huebner said they are asking for non-perishable items such as canned goods and crackers, as well as paper goods, Kleenex, shower gel and soaps.

"We are offering a 20 percent off coupon for every item donated," Huebner said.

"It's a good way for students to be able to buy something, or save a little money that they maybe wouldn't otherwise, and help give back to the community."

There are locations for students to drop off donations in the Hub, the bookstore and the chapel.

There are also locations for the faculty to make donations in each of their departments.

Individual departments will be competing against each other for the most items donated.

This will be calculated by percentage, and the winning department will receive a continental breakfast on behalf of BSU.

Huebner said this is the second year BSU has collaborated with the Wartburg Store for a food drive.

"We did a food drive last year as well, but we pretty much kept it between the Hub and the store. BSU has really done a great job of expanding it on campus," Huebner said.

"We put together the marketing material. They have really been doing the leg work, and we used their theme for the year."

The BSU theme, "Make It Matter," relates to the "Black Lives Matter" movement.

Britany Conway, a member of BSU, liked the idea of using this theme for the food drive because it helps represent the idea of making donations matter.

"You should do your part as a student and as a member of the Wartburg community to make your presence matter," Conway said.

"It's important to do our part to lighten the load for people. A way to show we are thankful for everything we have is give back."

Thanksgiving traditions

KAITLYN KETELSEN *OP/ED EDITOR*
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I'm going to come right out and be honest with you: I go shopping on Thanksgiving.

Now before you get all political on me, let me explain myself.

Family is very important to me. All of my favorite people are family members, so I jump at any opportunity that allows me to be with them.

Thanksgiving break is a great time to go home, get some rest and relax, all while being surrounded by the people I love the most.

The downfall: Thanksgiving break is only four days, and for most of those days the people I love are working. We maybe get two full days together and then just bits and pieces of the other days.

Frankly, that's not enough for me. If I only have four days then by golly we're going to fit in as much fun as we can. This is why I shop on Thanksgiving.

Don't get me wrong, that's not the highlight of the day, but it is a part of it. I enjoy the food and catching up with those I haven't seen in awhile; I enjoy helping out in the kitchen and even watching football.

I am extremely blessed and get the opportunity to celebrate the day not once, but twice, all within a five-hour time period. But when I only have a small fraction of time with my favorite people, I long for just a few more hours.

So when I'm asked, "Hey, want to go shopping Thanksgiving night?" I automatically say yes.

I know a lot of times those workers are making sacrifices, but it is has become a sort of tradition for my family.

I firmly believe everyone should get to spend time with their families during the holidays. With this being said, though, the holidays mean something different to everyone.

Some people are able to travel and be with their extended family, others are not.

Some people go all out and have a traditional Thanksgiving meal, while other families choose to go out and eat.

It's hard to justify something as being good or bad, when it has completely different meanings depending on who you talk to.

I know not everyone believes in having stores open on the holidays, but not everyone believes in eating at restaurants on the holidays.

It's all about perspective and honoring the various traditions our society has.

If there is ever a day where no store decides to open, I won't be upset. I will find another way that I can spend a few extra hours with my family.

It's a unique bonding time that can't be had any other time of year.

Shopping on Thanksgiving Day does something for me that helps me get through the tough times when my family's not around.

As we get ready to leave for break, be safe, enjoy it and don't waste away these memories.

Find something special in this extended weekend and hold on to that as you travel back, and then use it to get through the next few weeks.

Burg Blurbs

It's 5:30 p.m. and I'm ready to go to bed.

The unbearable, lonely void in my life after finishing a show. #ItHurts

It's amazing how much better your mood can get when you put on warm fuzzy socks. #SoCuddly

Just one of those days where five mental breakdowns doesn't seem like enough. #WhereIsBreak

What if gorillas discover push-ups? Think about that.

Awkward moment: holding the door for someone and saying "Your problem" instead of "You're welcome" or "No problem." #MyBad

Nothing saves money like being antisocial.

Burg Blurbs are compiled from Twitter, Facebook and Yik Yak.

Green Tips:

Courtesy of the Eco-Reps

Water: Turn off the water while brushing your teeth. You'll conserve as much as five gallons per day by doing this.

Reusable Cups: Using a reusable cup for your daily coffee will help cut down on waste and keep your beverage hot for a longer period of time. You can also fill them up in the K-Dit for only $0.99!

Student Spotlight

Natalie Peyton

Second-year elementary education major from Marion, Iowa.
Campus involvement includes: Education Club, PSALM 149, Wartburg Dance Team, Wartburg Scholars, St. Elizabeth Chorale

Favorite Food:
Cereal, especially Frosted Flakes.

Interesting Hobby:
Photography.

Favorite Place You've Visited:
Haiti.

Sing in Shower:
Yes.

Favorite Place on Campus:
Third floor of the library.

Dream Job:
Missionary.

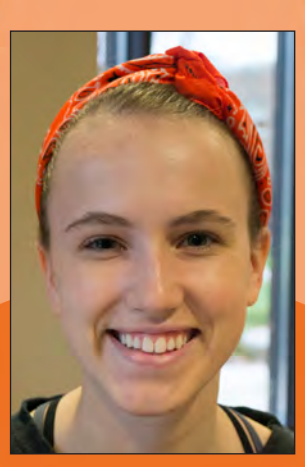
Favorite Color:
Orange.

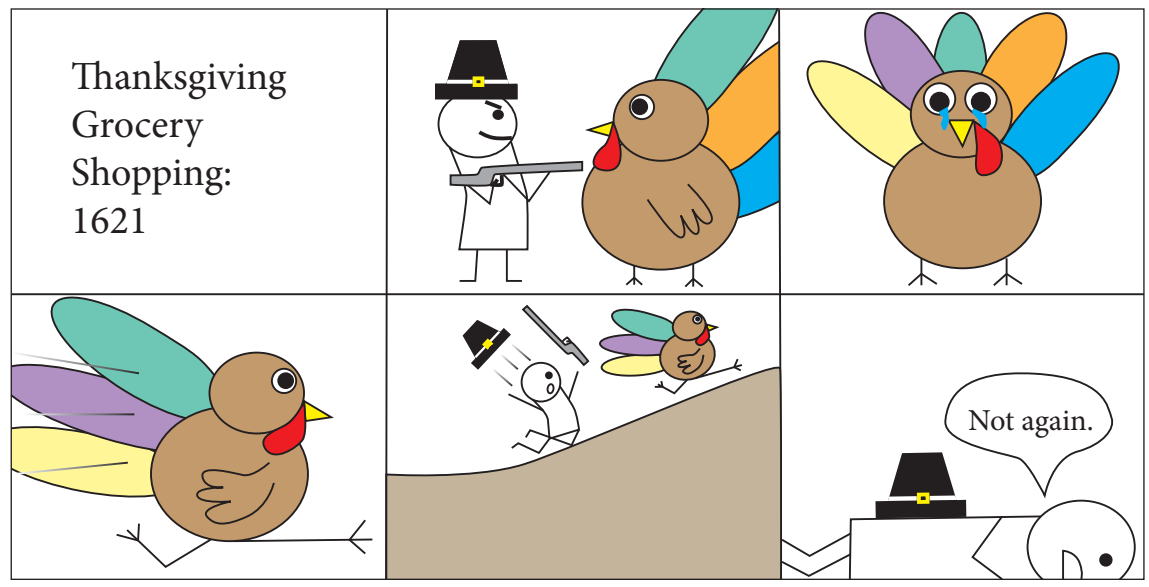
Hidden Talent:
I can play the cello.

Waffles or Pancakes:
Waffles.

Favorite Animal:
Donkey.

Favorite Superhero:
Batman.





Michelle Johnson/*TRUMPET*

Holiday breaks should be homework-free

MAYA WEATHERALL
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I have always been a good student and school has always been a priority for me.

I enjoy learning and developing relationships with my professors.

I love school but I love my breaks, too. When I'm told I have a break from school, I expect it to be just that: a break from school.

The dictionary defines the word break as a pause in work or an activity.

This semester has been really stressful and tiresome, and at times I've been so overwhelmed I've had to turn to family and friends to give me back my perspective.

Breaks are much needed. When I go on break, my hope is to have time to relax.

This is why professors shouldn't give assignments they expect us to work on during break.

Most people go home with the intention to spend time with their family and relax.

Unfortunately, I have a project due right after Thanksgiving, and I know a lot of students will end up doing school work over break.

I have family driving from Chicago to see me and celebrate, yet I know I'll be doing more worrying about this project than I will be actually celebrating with them.

It doesn't seem fair that I have to shorten the time I get to spend with my family because of school work that's due the day after break.

There's only so much working ahead a person can do, and it's hard when you have other assignments to do as well.

I think homework that is assigned before break should be due before break starts. Professors shouldn't hand out new assignments unless they're due after we've been back a few days.

I know this will not be the case for me this break, so I am really looking forward to the end of the semester and the thought of having a homework-free Christmas break soon.

TRUMPET

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Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 400 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the journalism and communication office or emailed to jessica.grant@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Carly Sis sets up bins for the Soles for Souls shoe donation event. The event was brought to campus by Kevin Klobassa. The bins will be set up all day Nov. 23 and Nov. 24. —**Megan Backer***/TRUMPET*

Donate your shoes

JORDAN THOMAS *KNIGHTLIFE EDITOR*
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Outside of the coaches' offices in "the W" Nov. 23 and Nov. 24 bins will be set up for shoe donations in support of the program Soles for Souls.

New and gently worn shoes will be accepted. The shoes can be of any style from flip-flops and sandals to dress shoes and running shoes.

The program takes donated shoes and gives them to people in need.

The program gives these shoes to people in under-developed countries such as Haiti, the Dominican Republic and also to people who are living in the United States.

This event was brought to campus by Kevin Klobassa.

"It is an easy way to get involved and make a difference in someone's life," Klobassa said.

He found out about the program while looking for something to do as a leadership event in high school.

He believed it would be a good program to bring to Wartburg's campus so he went to his cross country coach to see if it was possible.

"He has a friend that has been involved in doing this Soles for Souls project and he thought it would be really cool," Steve Johnson, head cross country coach, said.

"And he said 'What do you think Coach, do you think the team can come up with some shoes?' I said, 'Kevin, we've got to go bigger, we've got to think bigger.'"

Johnson proposed the entire Wartburg community should get involved to be able to gain the most from the shoe drive.

After the decision was made, Klobassa chose to partner with a friend from UNI to be able to combine donations and donate more shoes.

"He had to do a senior project for his management group and he asked me for ideas and I told him about Soles for Souls so he is actually running with it at UNI and doing it at the games this weekend," Klobassa said.

"I just figured it was a good opportunity to bring it to Wartburg briefly."

Klobassa said he would have liked to do a longer program but his friend was donating the shoes he collected at the end of this week so he wasn't given a huge window of time.

"With 1,500 students, if everyone had one pair... This is a challenge or awareness for us in a wealthy and a rich and a blessed place to be able to go in and give that blessing to someone else."

—Steve Johnson

Klobassa has been in discussion with Johnson about doing another shoe donation project later in the school year but at this time it is still undecided.

"It depends on how much reaction I get…Something I was talking about with Coach Johnson was maybe doing a track event," Klobassa said.

"We have a ton of home track meets…I don't think there is a better type of event to host a shoe drive rather than a track meet."

Klobassa and Johnson agreed this shoe drive is something simple that can have a big impact on those who are helped through this program.

"With 1,500 students, if everyone had one pair…This is a challenge or awareness for us in a wealthy and a rich and a blessed place to be able to go in and give that blessing to someone else," Johnson said.

"I feel like the campus of Wartburg and other colleges, they have the same thought process in that and they want to make a difference whether it's small or big," Klobassa said.

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Duos study days

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In the past, Wartburg students have had many ways to de-stress during finals week, and this semester introduces another option.

Duos coffee & ice cream is opening its doors on Sundays Dec. 6 and 13 from noon to midnight to Wartburg students exclusively to offer them a productive environment to study.

Ryan Lee, assistant manager of Duos, said this is the first time ever the coffee shop will be open on a Sunday.

"It's really exciting because we are just opening for Wartburg students. I'm not going to let anybody else in," Lee said.

"I've already had some people ask, 'My son is in high school, could he come study?' and I said, 'no because we're only opening for Wartburg students,'" Lee said.

At Wartburg, programs are normally organized during finals week as a way to take a break from studying.

Previous programs have included coloring, playing with Play-Doh, massages and spending time with cats.

Lee said Duos has always liked supporting Wartburg.

Free coffee will be given to students and music will be provided by KWAR.

"It's really just a Wartburg hang-out time and that is what is most exciting for us," Lee said.

Colton Thoreson studies while enjoying a bowl of ice cream at Duos. Duos will be opening its doors on Sundays Dec. 6 and 13 from noon to midnight to offer study space. This is the first time Duos will be offering study times to Wartburg students and they are excited for the event. —**Dan Haack***/TRUMPET*

Students perform recitals

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The last few weeks of every semester fills the Fine Arts Center with a stressed excitement as recital season comes around.

Every fall, junior music majors organize and practice for a major requirement of their degree.

Music majors are required to put together a junior and senior recital.

For music education and therapy majors, the junior recital only requires 15 minutes of music while the senior recital requires at least 30.

Performance majors require at least double that.

"I get out there to perform and it's a high state of mind," flute performance major Maria Silva said.

"I started playing really nervous and as I went on I got more relaxed."

This past Thursday Ally Ziegenfuss, music education, and Andrew Hoyt, music therapy, performed together the first percussion recital since 2011.

Ziegenfuss said they each played a marimba, timpani and multiple percussion pieces.

This made sure that they got to play and practice techniques for each of the major instruments that percussionists use.

To put together a recital, the first step is to pick out musical pieces.

Silva said she had chose a movement she played before that she enjoyed and then her professor had her learn the other movements.

After the songs are chosen, the practicing starts.

Not only do music majors have to put the pieces together, but they also have to organize the recital.

They work along side their instrumental professor and the music office to find an accompanist and recital date.

Then at least two weeks before the recital they must pass a preview of their recital for a board.

This board must include a full-time faculty member and two music department faculty members.

"Organizing my recital was a lot more [work] than I thought," said Silva.

"You only have so many hours to work with an accompanist and so you have to prepare for that. Then I had to put together program notes."

"For the preview, you have to play all of your music and have a program put together with the pieces and composers," Ziegenfuss said.

"I had to write a paper on one of my pieces that included an analysis of the piece."

Ziegenfuss and Silva are now looking toward their senior recitals in the winter semester of their senior year.

As they prepare double the amount of music as they did this time around, they are predicting they will be twice as stressed.

"The recording of my senior recital is going to be sent along with my applications to grad schools," Silva says. "It's also my prep for grad school."

Music majors are also required to attend twelve of the recitals every semester.

This helps them learn to appreciate a wide variety of music and helps them understand performance.

"You start preparing for it a year before and then it's all done in 40 minutes," said Silva.

Ally Ziegenfuss performs her timpani piece "Frameworks" as part of the first percussion recital at Wartburg in five years. Junior music majors are required to organize a recital. —**Taylor Vos***/TRUMPET*

Depression is real

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The season has finally changed and getting darker very quickly for some students.

Students who are experiencing Seasonal Affective Disorder may be experiencing changes in their mood and are becoming depressed.

On several college campuses, the severity of the issue of depression among students is often overlooked.

However, Counseling Services at Wartburg College is doing what it can to educate students and support them in their struggles.

"Depression is an issue at Wartburg. When we look at our data. The top three reasons students come to us are depression, anxiety and stress. A lot of times those three are all rolled into one," Stephanie Newsom, director of Counseling Services, said.

"We know that mental health issues typically arise in the ages of 18-24, typical college age range."

"We did almost 1,000 counseling sessions last year spread out through hundreds of students. And it's all kinds of students we see."

According to the book "Understanding and Preventing College Student Suicide," suicide is currently the second-leading cause of death among college students.

According to the book studies have shown students struggling with depression often see suicide as a means of escape.

There are numerous on-campus resources for struggling students to take advantage of.

Newsom encouraged students to contact Counseling Services. Whether they are stressed, anxious or depressed, Newsom and other counselors at Wartburg provide support to anyone willing to accept help.

"If students aren't comfortable speaking to someone at Pathways, there are also campus pastors. They're very good at giving advice but also knowing when someone needs more help than they can give them so they often refer them to us," Newsom said.

"We also give off-campus referrals. We understand if students don't want to see their counselor around campus."

Often students suffering from depression refrain from getting help.

Instead, symptoms can become too overwhelming and cause someone struggling with a mental illness to consider suicide.

"They've probably given off some signs. Not always, but the majority will," Newsom said.

"You'll notice someone is disengaging socially or giving things away. And sometimes you'll see a sudden upswing in people's moods, which can be confusing."

Typically one can see this when someone's made their decision and accepted what they're going to do.

Top 3 reasons students seek counseling services:

1. Depression
2. Anxiety
3. Stress

Michelle Johnson/*TRUMPET*

Newsom explained it is often difficult for loved ones of suicide victims to understand their death.

"The sudden upswing can be very confusing for people because it may seem like they're really OK," Newsom said.

"But sometimes just making that decision, even if it's to die, feels good to them because they've finally made a decision."

Newsom also said students can do to help those they care for who are struggling.

"If you do notice some changes in someone close to you, talk to a school counselor, your RA or RHD or anyone you feel comfortable talking to, and tell them what is going on." Newsom said.

'Those Girls' are ready to sing

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In the span of 20 minutes the night before Kastle Kaper auditions, a new musical group was created.

Three girls came together to sing a mash-up of songs and since then, their group has been gaining popularity on campus.

Elizabeth Morris, Abby Singleton and Andrea Weiss met through their music therapy class freshmen year and are also in St. Elizabeth Chorale together.

In October, they formed their group, "Those Girls," which focuses on performing mash-ups of songs.

"We just had a lot of fun doing Kastle Kapers," Weiss said.

Weiss said it is a great distraction from their school work. With Christmas with Wartburg starting, and it's just been less stressful.

The group said after their first performance they got a lot of positive reactions and started being recognized around campus.

They all said it was exciting that people knew them from their singing.

"I'm glad that people liked it," Singleton said. "I'm really proud of our mash-up. It was really cool. I think it was a really good way to get the ball rolling."

To write their mash-ups, they find songs with the same chord progressions and similar lyrics to piece together.

Singleton said the songs they chose tend to be all over the board and each person contributes their own musical style.

She also said if a mash-up is written for a particular event, they try to choose songs that fit with the theme.

When they performed at the St. Elizabeth Week kick-off, they chose songs about leadership and changing the world but when they performed at Kastle Kapers they chose well-known songs.

Earlier this month, the group had three performances in 24 hours, between the kick-off and two radio shows.

In the coming months, the group has multiple performances lined up.

"We want to do Battle of the Unsigned Artist," Weiss said.

"We have a couple things lined up for next semester, with "Spread the Word to End the Word" events. We just really want to help out with campus activities."

Right now the group's main goal is to write original songs, but they agreed that as a group they are very spontaneous.

"We're really chill about it, we're really last minute people," Morris said.

Although there is no significance behind the name "Those Girls," it came jokingly from Weiss when they needed a name before their Kastle Kapers performance.

"I was talking to my roommate and asked her why can't they just say, 'Yeah those girls are gonna come on stage,'" Weiss said. "So we were just like alright, we're 'Those Girls.'"

The trio is planning to use social media accounts for their group, such as a YouTube account and a Facebook page.

"Just keep on the lookout for us," Singleton said.

A new girl group called "Those Girls" perform mash-up songs for different events on campus. The group hopes to perform original songs and at open-mic concerts. —**Submitted photo**

Students living on or off campus should be sustainable. Turning off lights can save energy and money. —**Megan Backer**/*TRUMPET*

Sustainability everywhere

KARINA DEVINE *STAFF WRITER*
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At Wartburg College, sustainability is tracked and planned in detail. However, their green efforts are only tracked and planned at the college itself, not through its off-campus residents.

Even at a private institution, off-campus residents do not have to follow the same residential guidelines as on-campus students because their homes are most likely not owned by the college.

Wartburg sustainability coordinator Anne Duncan, said off-campus students are more aware of their energy consumption because they are paying for everything they use.

Duncan says on-campus residents tend to be more wasteful because they aren't physically paying for anything.

Off-campus resident Zack Henaman and his roommates pay for their utility bill each month, and said they are more aware of their energy consumption.

"Every night we all make sure to turn off all the lights so we can save money and we also don't flush the toilet every time because it saves water and money," Henaman said.

Henaman said he and his roommates do not have a recycling system in place.

They usually have more trash than they can fit into the trash bin every week.

A 35 gallon recycling bin is only $2 extra a month, according to the City of Waverly Public Works.

Duncan says it's understandable why some students choose not to have them.

"When you can barely pay your bills, you can't really buy anything extra," Duncan said.

Environmental Activists Reaching Toward Humanity, vice-president Greta Bacon, said all people have a responsibility to take care of the earth because we all have an impact.

"Whether you live on-campus or off-campus, everyone should still be turning off lights, recycling and using reusable water bottles."

"It's just these simple things people are just not doing that negatively impact our earth," Bacon said.

New rules

ERICA DYNES *ASST. SPORTS EDITOR*
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The Knights had their first basketball game of the season on Saturday, Nov. 14 with some new rules set by the NCAA for women's basketball that took affect starting this season.

According to NCAA.com, some of the new rules in women's basketball include four 10 minute quarters instead of two 20 minutes periods, having five time outs per game instead of six and a change in the team foul rules.

Head women's basketball coach Bob Amsberry said the players got used to the new ten minute quarters by using the same time period in their exhibition games and scrimmages during practice time.

He said the change that will have the biggest impact is how many fouls a team can have per quarter.

"In the past, in a half, once you got to seven fouls then you're shooting free throws the rest of the half," Amsberry said. "Now if you get into foul trouble the first quarter the foul count resets after every quarter."

Amsberry said the players are adjusting well to the new rule changes and once the players get used to them they are not even going to be noticeable.

Wrestling also has some new rule changes for the 2015-16 season. One of the major changes in wrestling is how points are awarded for a near fall.

Head wrestling coach Eric Keller said four points will be awarded if the referee reaches a four count for a near fall.

In the past, the referee would give three points if a five count was reached.

"It's a real match changer," Keller said. "If you give up four back points in a match it's really hard to come back from that."

Keller said another rule change that could have an impact on the sport is the new out-of-bounds rule.

He described it as if one wrestler backs another wrestler toward the end of the mat and he takes a step back, he's going to get a stall call.

In a match, one stall call is a warning; two stall calls is one point.

"What we've been working on is making sure guys understand if you start getting backed to the edge you have to circle in and wrestle right there," Keller said. "You have to wrestle on the edge like you wrestle in the center of the mat."

Just like the basketball team, Keller said the wrestlers have also adjusted well to the rule changes.

Eric DeVos, who wrestles for the Knights, said the new rules shouldn't affect performance.

"It's pretty much the same mentality. You wrestle the same, regardless of how the rules are." Devos said.

Both coaches said the rule changes could create some excitement within their sports. Keller said scoring points one of the ways to do that.

"It has to be exciting," Keller said. "It has to be something that people want to see. That's what these new rules are trying to do."

The additional rule changes for women's basketball can be found at www.go-knights.net. Additional wrestling rule changes can be found at www.ncaa.com.

Rule Changes

Basketball

Four 10-minute quarters with 75 seconds between quarters. Two free throws on the fifth team foul against its opponent.

Wrestling

Award two points for a near fall if the referee reaches a two-count. Four points awarded if the referee reaches a four-count.

Possible out of bounds calls:

- Stalling on one or both wrestlers
- Stalling for pushing or pulling the opponent
- Wrestling action is taking place out of bounds.

The men's cross country team compete at their own Dan Huston Invitational in October. The Knights placed 30th out of 32 teams at the national meet on Saturday, Nov. 21. —**File Photo.**

Cross country places 30th at national championship

ERICA DYNES *ASST. SPORTS EDITOR*
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The men's cross country team placed 30th at the Division III Cross Country National Championship in Winneconne, Wisconsin.

The Knights finished with a total of 767 points.

The top finisher was Bennett Moser, who ran 25:52.40 for 164th place overall.

Other top finishers for the Knights include Zach Marpe placing 201th with a time of 26:04.40, Ryan Hermsen placing 207th with a time of 26:06:80 and Jerry Frawley placing 218th with a time of 26:12:20.

Other runners for the Knights, Kailas Kokare, Eli Kaczinski and Kevin Klobassa, placed 230th, 240th and 278th respectively.

Kokare finished with a time of 26:15:80, Kaczinski finished in 26:21.40 and Klobassa finished in 27:40.30.

The Knights received an automatic at large bid to the championship meet by placing fourth at the Central Regional meet on Saturday, Nov. 14.

Soccer shut out

Knights fall to number four Washington University

RILEY COLE *SPORTS EDITOR*
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The Wartburg women's soccer team (15-5-3) traveled to St. Louis, Missouri, to take on the Bears of Washington University.

The Knights' Sweet 16 run was ended, as the Bears prevailed by a narrow 1-0 score.

Scoring the lone goal for Washington University was Megan Renken at 85:54 on a long ball.

In total, Wartburg had eight shots that came from Lisa Trizzino (1), Olivia Jansen (2), Taylor Evans (1), Morgan Neuendorf (1), Alyssa Drewelow (1), Alyssa Hewitt (1) and Nicole Adair (1).

For shots on goal, three Knights tried to get inside the net.

Trizzino, Neuendorf and Drewelow each recorded one shot on goal.

The Knights had four shots in each half, for their combined eight throughout the game. As for Washington University, they had 27.

In corner kicks, the Knights had three and the Bears had six.

Goalkeeper Beth Crow allowed one goal during the game and recorded eight saves.

The Bear's goalkeeper Lizzy Crist had three saves, which kept the Knights from scoring.

No red or yellow cards were given during this Sweet 16 game.

While the Knights fell to the fourth-ranked Washington University Bears, the team had several othernotable accomplishments during their season.

Wartburg won both the Iowa Conference regular season title, along with the Iowa Conference tournament title.

By winning the conference tournament, the team received an automatic bid into the NCAA tournament.

During their time in the NCAA tournament, Wartburg defeated St. Scholastica, 1-0 on Nov. 14 and No. 13 Puget Sound on Nov. 15, by a penalty kick shootout, 5-4.

The team finishes the season with a 15-5-3 record.

Students support athletic events

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It is down to the final seconds of the game and several Wartburg students are energetically supporting the Knights.

Two of those students are Katie Sommer and Tyler Turner.

Sommer is on the women's basketball team, but also enjoys cheering on the Knights when she is not playing basketball.

Turner just enjoys cheering on several Wartburg athletic teams.

"We are one of the best schools in the nation when it comes to sports," Turner said. "Fans go to games and expect to win because we are so good."

Players perform better and have even more energy when there is an intense crowd, Sommer said.

Sommer said when she plays in front of a crowd, it gets her adrenaline up, which adds more to the game for her and her team.

"Our team wants to play for our community and for our school," Sommer said. "If we have that support, we will give our all every game."

After coming up with the idea "Knights of the Roundtable" for his LS 115 class. Turner attempted to inspire students to see the impact they can have on athletic events by supporting athletes.

To get his idea out there, the class turned his idea into a class project and encouraged several classmates to support the lacrosse team at their first home game on March 14, 2014.

"It felt cool to just get a new team that wasn't having very much success and bringing all those fans out there to support them," Turner said.

Sommer's favorite memory during her Wartburg career was at last year's Iowa Conference tournament final at Luther.

She said the atmosphere was crazy and motivated her to play her best.

While Sommer has also been involved in the student section, she has been able to experience bonds outside of playing sports.

"Since I am in sports, I can connect with what they [athletes] are feeling on the court and how they play," Sommer said. "There is just connections between athletes."

Turner said he would like to see someone develop the "Knights of the Roundtable," idea, because he sees some improvements that can be made within the Wartburg student section.

"I wish all year that the support was a little better," Turner said. "These sports are spectator sports. It's hard to play your best when there is no one watching."

Tyler Turner supports Knights of the Roundtable. —**File photo.**

Sommer encouraged students to support athletic teams by creating a positive atmosphere at games and not degrading athletic teams.

Being a regular in the student section, Turner has found his niche—supporting the Knights.

"I just am who I am," Turner said. "I have always been the rowdy type that wants to help support or teams and Wartburg is where I want to be."

"I have a lot of friends that play sports and I want them to know that there are people that care and that are there to watch them and hope that they succeed."

Knights take down Storm

At 197 pounds, top-ranked Gerard Roman controls Simpson's DeVaughn Scott. Roman went on to win the match by a 56-second pin. Wartburg defeated Simpson 49-6 and is ranked first in the nation at the start of the season for the first time in two years. —**Erica Dynes**/*TRUMPET*

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The No. 1-ranked Wartburg wrestling team proved why they are at the top of the rankings by defeating the Simpson Storm 49-6 on Nov. 18.

Starting things off at 125 pounds was seventh-ranked Arnulfo Olea who won by a 19-6 major decision over Simpson's Deven Acevedo.

Third-ranked Connor Campo received a forfeit at the 133 weight class.

At 141 pounds, 10th-ranked Kaz Onoo got a first period pin in 47 seconds against Sam Reichenbacker.

Second-ranked Mark Pinero followed suit and got a first period pin of his own against the Storm's Jonathon Melton at 149.

Brady Meyer defeated Jacob Mize by a 10-1 major decision at the 157-pound bout.

Wartburg's Brandon Madsen defeated Simpson's Shane Swank by a second-period pin in 4:56.

Getting his first official dual meet win of his Wartburg career, Waverly-native Eric DeVos defeated Spencer Ward by a technical fall, 17-1 at 174 pounds.

At the 184 weight class, it was Simpson's Brett Roberts defeating Wartburg's eighth-ranked Bryan Levsen in 2:52.

Top-ranked Gerard Roman got a 56-second pin over the Storm's DeVaughn Scott at 197 pounds.

Finishing things off at 285, seventh-ranked Lance Evans beat Colby Vlieger by a pin in 1:17.

With the win over the Storm, the Wartburg wrestling team noted several other successes in dual domination.

In the Iowa Conference alone, the Knights have won 181 consecutive duals against conference foes.

As for head coach Eric Keller, he won his 100th career dual win since he took over the program in 2013.

The Knights will not wrestle at home until Feb. 4 against Augsburg. Wartburg will travel for their next Iowa Conference dual on Jan. 15 against Luther.

Wartburg is 1-0 in IIAC action.

Trizzino, DeVos go from Division I to Division III

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The University of Iowa wrestling program is without two wrestlers this season: Eric DeVos and Joey Trizzino.

The duo transferred to Wartburg last year.

Teammate Lance Evans also transferred from Iowa.

Mark Pinero and Dominic Chase transferred from Penn State and Iowa State respectively.

DeVos had no intentions of being a part of the wrestling program.

Trizzino said he needed a change of scenery.

"I am very happy with my decision to come here," Trizzino said. "This is where I wanted to be."

Searching for a new place to call home for the rest of his college career, DeVos turned to Wartburg because of the small community.

DeVos said the team changed his mind about wrestling again, because of the impact they made.

"The coaches and the team, they really grew on me," DeVos said. "I decided I was going to wrestle this year, mostly because of them and it was a place where I could still have fun wrestling and not have to worry so much about the external stuff."

The most appealing aspect of Wartburg's wrestling program was the similar mentality Wartburg has compared to Iowa, Trizzino said.

He said his favorite parts about Wartburg are the friendly people, smaller classrooms and the environment.

"It's a great place to be," Trizzino said. "Everyone supports everybody."

As this is the first official season for DeVos and the first full season for Trizzino, the two of them have already learned valuable lessons from Wartburg's wrestling program.

Eric DeVos grapples with Mark Weber at practice. The Waverly native said he is excited to wrestle for Wartburg. —**Riley Cole**/*TRUMPET*

Trizzino said he has learned some lessons that he will take with him far beyond his career on the wrestling mat.

"Believe in yourself, believe in the process," Trizzino said. "They don't just preach that for wrestling, they preach it for life. That stuff is going to take me a lot further than just my wrestling career. I am thankful for the wrestling coaches here to help me believe in that process."

Both have already slated some goals while wearing the orange and black.

Two goals are the same: a team and an individual national title.

DeVos is excited to be wrestling in his hometown, after taking a two-year hiatus while attending the University of Pennsylvania and then the University of Iowa.

Wrestling for Wartburg is a bonus for DeVos.

"Waverly is a wrestling community," DeVos said. "You have a lot of knowledgeable people when it comes to wrestling in Waverly. It's fun to wrestle in front of a crowd that knows their stuff."

Trizzino or DeVos would not change their experience of transferring to a smaller Division III school from the University of Iowa.

But for DeVos, his transferring experience has rekindled his feelings for the sport of wrestling.

"Between transferring I kind of lost my passion for wrestling," DeVos said. "But, you know I have always loved it and I always will. When I came to Wartburg, something clicked and I found that love again."

Eric DeVos and Joey Trizzino are two of the three University of Iowa transfers. Lance Evans is the third transfer. —**Riley Cole**/*TRUMPET*

WEEKLY SCHEDULE
Saturday- Nov. 28
WBB vs. Elmhurst College, 4 p.m.*
MBB vs. Governors State Univ., 5 p.m.
Sunday-Nov. 29
WBB @ North Park Univ., 2 p.m.
*Played at Chicago, Illinois

IIAC WRESTLING STANDINGS		
Coe	1-0	1-0
Wartburg	1-0	1-0
Buena Vista	0-0	1-0
Loras	0-0	0-0
Luther	0-0	0-0
Dubuque	0-0	0-1
Simpson	0-1	1-2
Central	0-1	0-1

WRESTLING

Some of the Wartburg wrestlers competed at the UW-Concordia Open on Saturday, Nov. 21.

Finishing in first place was Connor Campo at 133, Nick Michaels at 165, Gerard Roman at 197 and Lance Evans at 285.

Other placewinners:
2nd: Kyle Fank (184)
3rd: Mark Pinero (149)
5th: Eric DeVos (174)
5th: Cross Cannone (141)

Other teammates competed at the Auggie-Adidas Open.

Trevor McLaughlin was crowned champion at 174 pounds.

Other placewinners:
2nd: Brice Duhe (165)
2nd: Dillion Chase (184)
3rd: Tanner Terry (125)
3rd: Zach Lamphere (197)
6th: Nick Hogan (184)

FOOTBALL

Logan Schrader

Wartburg quarterback Logan Schrader was named the Iowa Conference's Offensive Most Valuable Player. Schrader led the conference in total offense (2,227 yards), completion percentage (69.3%) and rushing touchdowns by a quarterback (7). He is Wartburg's record holder in passing yards (9,150), completions (659), passing touchdowns (71) and total offense (10,652).

WOMEN'S SOCCER

Lisa Trizzino

Trizzino was named a College Sports Information Directors of America (CoSIDA) third-team All-American for her efforts this season. To be eligible for the honor, student-athletes must have a GPA of 3.30 or better and must have played in 50 percent of games at their respective positions.